

The Everyday...

Whole Food Plant Based Menu Ideas and Recipe Book

...to achieve GREAT HEALTH



by Deanna Price, M.D.

*Dedicated to all the people in the world who believe in
the power of healthy change through lifestyle.*



Disease is not inevitable. The most common chronic diseases in this country include high blood pressure, obesity, diabetes and high cholesterol which are risk factors for heart attacks, strokes and other vascular diseases. Were you aware that lifestyle choices cause these diseases 80-90% of the time? Lifestyle! That means we have the power to not only prevent but reverse these diseases. Genes contribute as little as 5-10%. It comes down to this...would you rather take pills, undergo risky procedures and live with a poorer quality of health in order to maintain your current lifestyle or would you rather just eat good food? I'm not selling a book, a membership or supplements...my goal is to educate you on a lifestyle concept. Really, the choice is yours and I would like to share this easy and delicious new life.

DNA is not destiny...dinner is!

T. Colin Campbell, PhD., renowned nutritional researcher, defines this healthy lifestyle plan simply and eloquently in his book Whole. *"The ideal human diet looks like this: consume plant-based foods in forms as close to their natural state as possible, ie. whole foods. Eat a variety of vegetables, fruits, raw nuts and seeds, beans and legumes and whole grains. Avoid heavily processed foods and animal products. Stay away from added salt, oil, and sugar. Aim to get 80% of your calories from carbohydrates, 10% from fat, and 10% from protein."*

When I inform patients about the "ideal human diet" that does not contain any animals or animal products (ie. whole food plant based), I get a sad but inquisitive look followed by, "what then would I eat?" Hence...the purpose of this booklet. In the following pages you will find a meal planning guide, a suggested pantry/ kitchen inventory, suggested meals along with recipes and a list of helpful websites and cookbooks for further perusing. Nutritional coaching resources are also provided.

Change is rarely easy...at first. Many things contribute to our life choices, not the least of which is culture and family traditions. In addition we have a powerful marketing and lobbying force from the food industry luring us in the wrong direction. This is a reality we will forever have to deal with, at least until the demand for healthy food products tips the scales. Getting comfortable in your new lifestyle is a process, and may be associated with some slips, but don't lose focus on the goal and that is ultimately a better, healthier YOU!

Getting started will take some thinking, planning and then doing. The first step will be to jot down a meal plan. For those who already eat pretty healthy, avoid fast foods and convenience foods, you may just need to tweak some of your current recipes. For those who are adventurous and enjoy taking on the challenge of new foods, your resource will be the list of websites and cookbooks at the end of the booklet. Of course, the pantry list will be of some help too. For those of you who live off fast foods and food that come in bags, boxes and wrappers, congratulations, as you will benefit the most from this new healthy lifestyle. I have written some easy recipes with minimal, recognizable and affordable ingredients to get you started.

I hope you will take time to flip through these pages, if only to look at pictures of some of the delicious meals prepared. But I hope you will do much more than that. I invite you to set a period of time, say 21 days, to give this diet a trial run. To complete your new healthy lifestyle, add some aerobic, resistance and relaxation exercises to your weekly routine. You will be amazed at just how good you will feel. I'm sure with a little short term effort for a huge long term benefit, you will find this lifestyle to be an excellent fit. Try it on for size!

Deanna Price, M.D.

Below is a Pantry & Kitchen Staples list. It may take a while to “clean” out your kitchen of unhealthy food products...just take your time. *Remember...these are only suggestions, you don't have to purchase everything on this page on your first go-round.* This is just an idea of what a “healthy” kitchen, perhaps YOUR kitchen, might be filled with.

VEGETABLES

(fresh, canned or frozen)

- Spinach
- Kale
- Cauliflower
- Carrots
- Cucumber
- Zucchini
- Bell Pepper
- Daikon radish
- Mushrooms
- Tomatoes
- Onions
- Garlic
- Cilantro
- Avocado
- Potatoes
- Ginger

FRUITS

(fresh or frozen)

- Bananas
- Apples, organic
- Seasonal fruits (mango, peaches, strawberries, grapes, preferably organic)
- Applesauce
- Raisins, Cranraisins
- Dried dates, figs
- Whole fruits jam or jelly without added sugar

LEGUMES

(canned or dried)

- Black beans
- Pinto beans
- Garbanzo beans
- Kidney beans
- Refried beans, vegetarian

- Lentils, red, green or brown
- Split peas

WHOLE GRAINS

- Brown rice
- Brown basmati or jasmine rice
- Barley
- Millet
- Farro
- Whole wheat couscous
- Oatmeal

NUTS & SEEDS

- Quinoa
- Ground flax, chia or hemp seeds
- Almonds
- Walnuts
- Cashews
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Pepita seeds
- Peanuts
- Peanut or almond butter
- PB2 low fat powdered peanut butter

SEASONINGS

- Cinnamon
- Nutmeg or pumpkin pie spice
- Cumin
- Turmeric
- Dried basil, rosemary, sage, oregano, parsley or Italian seasoning
- Chili powder

- Taco seasoning
- Onion & garlic powder
- Sea salt
- Black pepper
- Dulse flakes or kelp powder
- Hot sauce
- Nutritional yeast
- Lemon or lime juice
- Rice wine and apple cider vinegar
- Balsamic vinaigrette or other low fat salad dressing
- BBQ sauce
- Soy sauce
- Tamari (gluten free soy sauce)
- Miso Paste (refrigerated)
- Ketchup, organic
- Yellow or dijon mustard

BAKING ITEMS

- Whole wheat or gluten free flour
- Organic cane sugar
- Baking soda and baking powder
- Earth Balance butter
- Extra virgin, canola or coconut oil

BEVERAGES

- Almond, soy, oat, coconut or flax milk
- Green tea
- Sparkling water
- Kombucha
- Unsweetened coconut water

Breakfast Ideas



SMOOTHIES: A refreshing and easy start to any morning. This would also serve as a tasty snack or dessert.

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| 1/2 banana (frozen or fresh) | 1/4 cup frozen pineapple |
| 1/4 cup cold or frozen grapes | 1 bunch spinach (or other dark green) |

Put the fruit and veges in the blender. Add plant based milk (ie. almond, soy, rice or coconut), water or juice (with no added sugar) up to 2 cups. Blend well (*makes one serving*).

Be creative: substitute the above with any fruit (fresh or frozen) or leafy green and enjoy!



OATMEAL: This warm and hearty breakfast will fill you up and pump you full of energy. Great all year round!

Prepare oats, steel cut oats, Cream of Wheat or grits per the package instructions. (*Rice, barley or quinoa make a fun alternative.*)

Top with fruits, nuts or coconut flakes (toast for added flavor). Add 1 tbsp chia, flax or hemp seeds to get your omega 3 fatty acids that provides helpful anti-inflammatory effects.

Add plant based milk if desired.



BANANA OAT PANCAKES: *from NutritionMD.org*

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| 1 cup oat flour | 1 ripe banana, mashed (about 1/2 cup) |
| 1/4 cup whole wheat flour | 1 cup soy or other plant based milk |
| 1/2 tsp baking soda | 1 1/2 tsp vinegar (such as apple cider) |
| 1/8 tsp salt | 1 tbsp maple syrup |
| 1/4 cup chopped walnuts (optional) | |

In a small bowl, combine flours, baking soda, and salt and mix. In a larger bowl combine banana, milk, vinegar, syrup and nuts (if using) and mix. Add flour mixture and stir just enough to mix.

Pour 1/4 cup of batter onto a hot non-stick skillet and cook until tops bubble. Flip and cook 1 more minute.



TOFU SCRAMBLE: *from NutritionMD.org*

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| 1/2 cup vegetable broth | 1 cup chopped fresh kale |
| 1/2 cup onion celery | 16 oz low fat tofu, drained crumbled |
| 1/2 cup chopped onion | 1/4 tsp salt |
| 1/2 cup copped bell pepper | 1/4 tsp pepper |
| 1/2 cup chopped carrots | 1 tsp dried basil |

Heat 1/4 cup broth in skillet over medium-high heat. Add celery, onion, bell pepper and carrots. (Add more broth a tbsp at a time to avoid burning.) Cook until softened. Add remaining 1/4 cup broth and kale. Cover skillet and cook until kale is wilted. Add tofu. Cook until firm and lightly browned. Add salt, black pepper and basil.



“FRIED” POTATOES: Sautéing and frying is easily done without oil, and is much healthier for you. This makes a classic hearty breakfast.

1 medium onion chopped
1 garlic clove minced (if desired)
1 green or red bell pepper
1 russet potato chopped 1/2 inch cubes
1 jalapeño pepper minced (if desired)

Heat skillet on medium and add 1/4 cup of vegetable broth. Add onion and sauté until onion is clear. Continue to add broth (or water), a tbsp at a time, as it evaporates. Add potatoes and peppers and cook until done.



BANANA BREAD: This is yummy for breakfast (I like it toasted) or for a dessert. It has sugar so it should be considered a treat. Enjoy. *from Kristen Jardine, PA*

1 cup whole wheat flour
1 cup whole grain oat flour
1 tsp baking soda
1/2 tsp salt
2 tsp pumpkin pie spice
1 cup ripe banana (about 2)
1/2 cup maple syrup
1/3 cup unsweetened applesauce
1/4 cup plant based milk
1 cup chopped dried apricots
1/2 cup chopped pecans
1/4 cup toasted coconut flakes

Preheat the oven to 350 degrees. Spray 9 x 4 inch loaf pan with cooking spray.

In a bowl combine flour, soda, salt and spice. Mix well. In a mixing bowl combine banana, syrup, applesauce and milk. Blend well, Add dry ingredients to wet. Add apricots, pecans and coconut flakes. Pour mixture into prepared pan.

Bake 60-70 minutes until toothpick in middle comes out clean. Makes 1 loaf.



TROPICAL FRUIT SALAD WITH MINT SAUCE: Fruit salads can be enjoyed any time of day. It is bright, fresh and healthy.

Papaya Mint Sauce:

1/2 papaya, peeled, seeded and coarsely chopped
1 tbsp agave nectar
2 tbsp fresh lime juice
1 1/2 tbsp fresh mint

Salad:

1/2 papaya, peeled, seeded and chopped in 1/2 inch cubes
1/2 pineapple, peeled and chopped in 1/2 inch pieces
2 bananas, peeled and cut into 1/2 inch pieces
Shredded toasted coconut flakes

Puree sauce ingredients until smooth. Cover and refrigerate. Mix fruit in large bowl, then spoon into bowls and drizzle with mint sauce. Garnish with shredded coconut.

OTHER BREAKFAST IDEAS: Fruit and whole wheat toast (no butter), cold cereal such as Grape Nuts, Shredded Wheat or granola with plant based milk (no sugary cereals) or a vegan muffin. Sprouted breads and bagels (ie. Ezekiel brand) are nice too.



WRAPS: This is a quick and easy meal, so long as you have a few ingredients in your refrigerator. Start with whole wheat or sprout (like Ezekiel brand) tortilla. Smear about a tablespoon of hummus in the center of the tortilla. Then add your veges, including but not limited to spinach, cucumber, carrot, bell pepper, onion and 2-3 slivers of avocado. Top with hot sauce, such as Sriracha, if desired. Wrap and eat. Add a bowl of fresh fruit and some baked chips and you have yourself a meal.



A “WHAT” SALAD SANDWICH: This will fool the best of them, a replacement for a tuna salad.

1 15 oz can chickpeas	1 garlic clove
2 stalks celery, finely chopped	1 1/2 tsp yellow mustard
3 green onions, thinly sliced	1 1/2 - 3 tsp lemon juice
1/4 cup finely chopped dill pickle	1/2 tsp salt
1/2 cup finely chopped red bell pepper	Freshly ground black pepper
2 tbsp vegan mayonnaise, such as Vegemise	

In food processor lightly chop chickpeas into flaky texture (you can use a potato masher too). Stir in celery, green onions, pickles, peppers, mayonnaise and garlic until combined. Stir in mustard and season with lemon juice, salt and pepper to taste. Serve with whole wheat crackers, lettuce wrap or sprout bagel (such as Ezekiel brand).



SALAD: Always a good go-to meal. Have on hand a variety of greens (an don't be afraid to mix them), veges, fruit and nuts. The skies the limit on this recipe. If you are using nuts or seeds, just sprinkle on the top as a garnish as they are high in fat. Salads are always brighter when adding a bit of fruit like apple, pear, strawberry or dried fruit like Cranraisins or apricots.

Choose a low or no fat dressing that has little or no oil. You can also drizzle balsamic vinegar or lime juice over your salad or massage in a 1/2 ripe avocado (best with kale).



BURGERS: Thought you couldn't enjoy a good burger on a plant based diet? Think again. There are many commercial products available such as vege-burgers or black bean burgers that can be thrown on the grill and enjoyed on a whole wheat bun with the all the fixin's (except, of course, the cheese). Throw an ear of corn on the BBQ and some sweet potato or yam baked fries and you've got yourself an All American meal with a healthy twist.

Although these burgers are fun to enjoy from time to time, they are still a “processed food”. Ideally making your own would be best, but that is beyond the scope of this booklet.



PIZZA: No kidding...you can have pizza! Just make sure it is on a whole wheat crust and you skip the cheese. If you are not into making your own dough, many pizza restaurants will sell you a ball of dough...just ask for whole wheat. Roll out your dough and smear with pizza sauce. Already baked are also available. Top with any vege you like. Traditional vege toppings include tomato, mushroom, green peppers, black olives and onions. Some fun toppings include caramelized onions (just sauté some sliced onions in vegetable broth for 5-10 minutes on low heat until soft and brown), artichoke hearts, kalamata olives, grilled veges and avocado. Also try adding fruit such as dried figs.

Many pizza joints are starting to offer healthy pizza options including whole wheat crust and vegan cheese. Be careful with vegan cheese as it is made with oil and is still...fat.



TACO SALAD: *from Jennifer Nemeth RN* This is another quick and tasty, nutrient dense meal if you have a few ingredients on hand. Start with some cooked brown rice at the bottom of the bowl. (Any cooked grain will do and having some on hand in the refrigerator makes the meal that much easier.) Top the grain with a bean such as black bean, edamame bean, garbanzo bean or whatever. Then pile on the veges such as lettuce or kale, tomato, peppers, corn and top with salsa. You can sprinkle some crushed baked tortilla chips on the top for crunch.

A word about avocados...although they are delicious “nature’s butter”, they have a high fat content (about 25 grams per avocado) so add 1/4 to 1/2 to your salad. Remember, a plant based diet is very low in fat, approximately 10%, so try to keep it this way.



TACOS AND BURRITOS: These quick meals come in many shapes and sizes. You can start with corn or whole wheat flour tortillas. Add black beans, vegetarian refried beans or grilled portobello mushrooms (pictured here) to the tortilla. Top with lettuce, tomato, grated carrot, peppers, avocado and salsa or taco sauce. Wrap and eat.

Also pictured here is a grilled vegetable salad. Just grill corn on the cob, squash such as zucchini or yellow squash and bell peppers on the grill. When cooked and cooled, remove corn from cob and slice veges.

For a nice dressing combine 3 tbsp lime juice, 1 minced garlic clove, 2 tbsp minced cilantro and a tsp of agave nectar. Mix and add to veges in a bowl. Salt and pepper to taste.



CHILI: Bean chile recipes come in many varieties. The one picture here is a personal concoction.

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| 1 medium onion chopped | 2 15 oz can black beans |
| 2 garlic cloves, minced | 1 15 oz can tomato sauce |
| 2 cups mushrooms, sliced | |
| 1 green or red bell pepper, chopped | 1/2 cup golden raisins |
| 1 tbsp chile powder | 1 tsp cumin |
| 2 tsp smoked paprika | 1 tsp cinnamon |

Sauté onion (with water or broth) in a medium sized pan for 2 minutes. Add garlic and cook 1-2 minutes. Add mushrooms and bell peppers and cook until softened. Add spice mixture and cook until fragrant. Add black beans and tomato sauce and cook 10 minutes until flavors incorporate. Add golden raisin and cook a few more minutes.



SUSHI: Veggie sushi is fun and delicious. In addition, it provides a unique opportunity to eat seaweed which is packed full of nutrients including iodine, calcium, vitamin A and C and other antioxidants. Just cook up some brown rice and add a little rice vinegar while cooling. Place a small amount of sweetened rice (like Calrose) on the seaweed and top with veges such as carrot, cucumber, avocado, peppers. Top with Sraracha, roll and eat. So good you won't miss the fish.

Another fun trick is broiling some sliced portobello mushrooms with Unagi, the soy sauce based syrup used to cook eel. Just a small amount will do as it contains sugar.



RICE AND VEGES: A wonderfully simple and tasty meal can simply be rice and veges. A fun addition to brown rice (either plain, Basamati or Jasmine) is a handful of Cranraisins and pistachio nuts. Drizzle with balsamic vinegar.

Steamed vegetables are delicious without all the butter and salt. Pictured here are steamed broccoli topped with a little lemon juice and carrots seasoned with pepper only. This is a power packed meal, with little chopping. Frozen vegetables will do too.

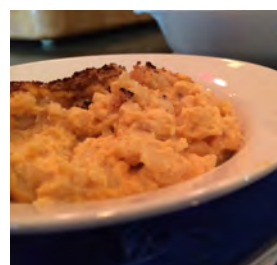


GRILLED PORTOBELLO MUSHROOM AND QUINOA SALAD: *from Forks over Knives* Simply marinate your mushrooms in 3 tbsp soy sauce, 3 tbsp brown rice syrup, 3 cloves minced garlic and 1 tbsp grated ginger for about an hour, then throw on the grill.

The salad is made by combining 2 1/2 cups cooked quinoa, 2 cups of corn, 1 bell pepper chopped, 1/2 small red onion diced, 2 cups black beans, 1 cup cilantro chopped, 6 green onions sliced and 1 jalapeño pepper minced (if desired). Top with the juice of 2 limes.

OTHERS LUNCH/DINNER IDEAS: Many soup recipes are plant based or could be modified as such. Pictured below is a white bean and kale soup, a hearty autumn soup and split pea soup. A spin on classic meat loaf can be made with lentils and served with mashed potato/cauliflower topped with mushroom gravy. There are many recipes for dairy free mac-n-cheese.

Spaghetti with marinara sauce is quick and easy. Just use whole wheat or rice pasta. Stir fry vegetables served over brown rice or rice noodles. Don't forget to sauté the veges with vegetable broth or water...no oil.



Desserts/Snacks



FRUIT AND YOGURT: This is just about the quickest and easiest “sweet” way to end the day. Combine any fruit cut up and top with unsweetened plant based yogurt. You can use fresh or frozen fruit, but I would avoid canned as it can be packed with sugar.



S'MORES: This is a “healthy” alternative to the traditional S'mores. Rather than using sugary marshmallows, roast ripe plantain bananas cut into 1/2 to 1 inch chunks. Then place on graham cracker with a small piece of dark chocolate (preferably over 70% cocoa) and let the chocolate melt. The heat brings out the sweetness of the fruit and the chocolate makes a great combination.

Great for camping or beach BBQ!



CHOCOLATE MOUSSE: This decadent treat will fool all. It is easy and has a rich chocolatey flavor. *from PCRM*

- 2 packages shelf stable tofu (in Asian section of store)
- 1 cup dark chocolate (above 68% cocoa preferred)
- 1 cup plant based milk

Heat milk in saucepan on medium. Add the chocolate chips and stir until melted. Combine the melted chocolate and the tofu in a blender and blend until very smooth. Pour in single serving bowl or glasses for a touch of elegance. Cool 1 hour before serving. Top with fruit, such as strawberries, raspberries or mandarin orange slices.



APPLE CRISP: *from Kristen Jardine, PA* These great single serving baked apple yummys hit the spot on a cool autumn or winter day.

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|----------------------------|-----------------------------------|
| 2-3 medium apples chopped | Topping: |
| 1 tsp cinnamon | 6 dried mission figs |
| 1 tbsp apple cider vinegar | 6 medjool dates, pitted |
| 1 tbsp water | 1 cup hot water |
| | 3 tbsp almonds |
| 1/2 cup rolled oats | 3 tsp cinnamon, 1/2 tsp allspice, |
| | 1/4 tsp nutmeg, 1/4 tsp clove |

Preheat oven to 375 F. Combine figs, dates in hot water and set aside. Combine apples with cinnamon and vinegar. Divide between four 1 cup or two 2 cup baking dishes. Set aside 3 figs and dates. Add remaining figs and dates to a blender with water and blend until smooth. Chop remaining figs and dates with almonds. Combine with oats, spices and fig/date mixture. Mix well. Divide the topping amongst the dishes.

Cook for 30 to 45 minutes, until apples are soft. Cool before serving.



FRUIT POPSICLE: Fruit popsicles can be a fun treat, especially if you have children. Simply blend together any combination of fruit and pour into a popsicle mold that can be purchased at most family stores such as Walmart, Target or ordered online. Sample combinations are listed below.

Strawberry
Mango
Banana

Pineapple
Papaya
Banana

Berry blend
Banana



OATMEAL COOKIES: *from Forks Over Knives, the Cookbook*

1/3 cup almond butter	2/3 cup oat flour
1/4 cup unsweetened applesauce	1/3 cup whole wheat flour
1/2 cup dry sweetener	1/2 tsp baking soda
1 tsp pure vanilla extract	1/4 tsp cinnamon
	1 cup rolled oats
1/2 cup raisins	

Preheat oven to 350 F. In large mixing bowl, mix almond butter, applesauce, sweetener and vanilla extract. In separate bowl mix oat flour, whole wheat flour, soda, salt, cinnamon and oats. Add dry ingredients to wet ingredients and mix. Add raisins.

Using a tablespoon, place rounded ball of dough on cookie sheet. Bake 16 minutes. Remove from oven and cool.



ICE CREAM: You can make your own nondairy ice cream for a quick after dinner cool treat. Put 1/2 cup frozen banana slices in a blender with 1/4 cup of plant based milk. Add 1/8 cup of raw cashews soaked 4 hours in water (discard water). Blend in a food processor or blender until you reach the consistency of ice cream.

You can also add other fruit such as strawberries, mango or blueberries or add 100% cacao powder and PB2.

OTHER DESSERT IDEAS: Poached pears, baked apples, plant based dairy ice cream or fruit with plant based yogurt. Even treats such as cookies and biscotti can be made “healthier” without dairy or eggs. Just remember, they contain sugar and often plant fat so should be enjoyed on special occasions.



SNACK IDEAS: Vegetable sticks or baked chips with hummus, garbanzo bean salad (pictured) or black bean dip (drain and rinse a can of black beans and blend with 2 heaping tablespoons of salsa), white bean dip (drain and rinse a can of white beans and blend with 2 tbsp soy sauce and 1 clove garlic), fresh fruit, no sugar applesauce, smoothie, dried fruits or nuts, plant based yogurt or a quick cup of instant vegetable soup.

COOKBOOKS:

[Forks Over Knives, The Cookbook](#) by Del Sroufe

[The Oh She Glows Cookbook](#) by Angela Liddon

[Thrive, Energy Cookbook](#) by Brendan Brazier

[The Vegan Slow Cooker](#) by Kathy Hester

[The Happy Herbivore](#) by Lindsay S. Nixon

[Everyday Happy Herbivore](#) by Lindsay S. Nixon

[The Prevent and Reverse Heart Disease Cookbook](#) by Ann Crile and Jane Esselstyn

[The Engine 2 Diet: The Texas Firefighter's 28 Day Save-Your-Life Plan That Lowers Cholesterol and Burns Away Pounds](#)
Rip Esselstyn

WEBSITES:

forksoverknives.com/category/recipes

fatfreevegan.com

drmcDougall.com/newsletter/recipeindex.html

rebootwithjoe.com/recipes

pcrm.org/health/diets/recipes

21daykickstart.org

engine2diet.com

straightupfood.com

static.ewg.org

ohsheglowes.com

nutritionmd.org

